

FREE! New Issue Every Week! othee News "News To Be Enjoyed Coffee News Coffee New Over Coffee" **Ellerslie East** 780-220-6397 Cohhee New www.coffee-news.ca

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Edition

Everybody's Talking

Muffin madness: A neighbourhood in Bangkok, Thailand, is known for its Siamese-Portuguese culture. In the area called Kudeejeen, residents and visitors can enjoy a special treat that can be found in a small number of local bakeries. This is the khanom farang Kudeejeen, or the Kudeejeen "foreigner cake." Made from eggs, wheat flour, and sugar, these muffins provide a satisfying crunch on the outside that gives way to a fluffy interior. Little pieces of dried fruit, such as raisins, adorn. The origins of this treat date back 250 years to the time when Portuguese settlers arrived in the area.

Dangerous road: A particular road in France is respected by the locals, who know how and when to safely travel on it. Called Passage du Gois, it connects the town of Beauvoir-sur-Mer on the eastern mainland to Île de Noirmoutier. The road is dangerous to use because it floods twice a day. If travelers are halfway across this approximately 4.5-kilometre (2.8-mile) road when the tidewater flows, they may face the danger of being submerged. Digital signs warn drivers about timing and conditions, and rescue towers are available in case people get caught in the middle.

Floating Forest: Homebush Bay in Sydney, Australia, has seen many retired ships pass through on their way to be disassembled. One, however, was saved from the wrecking ball. Called the SS Ayrfield, it still floats in this harbour today, and it is guite a sight. The rusted hull may not be pretty by itself, but the ship has been abandoned for so long that vegetation grows from it, and it has become known as the Floating Forest. Originally called the Corrimal, it was built in 1911 and was used as a transport ship. Visiting the ship is free, and it has become a popular tourist attraction for locals, visitors, and photographers.

Wandering moose: If you are a moose looking for a new home, why wouldn't you trot up and down the streets of a town? That's what a 400-kilogram (900-pound) male moose did in Centreville, Utah (U.S.). The young bull ventured into the town early one morning, just as everyone was waking up and heading out for a jog or to walk a dog. These big male moose can be dangerous creatures if frightened, so someone called the police and the Utah Division of Wildlife Resources. The police and biologists were able to tranquilize the visitor and transport him safely back to the wilderness.

Quoteable Quotes

"Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity." -George S. Patten "We seek the truth and will endure the consequences." -Charles Seymour

What's Happening

April 2-Edmonton Spring Stamp Show Stamp circuit books, show and tell exhibits, door prizes, presentations, fun frame exhibits and junior stamp tables. No cost appraisals. Parking is Free! 11113 - 113 Street. www.edmontonstampclub.com

Mar 26 - Rock Legends This audience-customized evening is part rock concert, part rock tribute, and all rock and roll. In this unique experience the audience is given the opportunity to pick the songs and music they want to hear. Horizon Stage. 780-962 8995.





Valentine's **Pop Hearts** 1 refrigerated. 1 large egg 4 tbsp. raspberry jam ready-to-unroll piecrust Prep Time: 10 min. Cook Time: 13 minutes Yield: 4



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1. The fifth planet from the sun is Mars, Saturn, or Jupiter?

2. What is progeria?

- 3. A hockey rink might use what type of machinery to smooth its ice surface?
- 4. Officially used by the APCO in radio transmission, what does the code "10-4" mean?
- 5. What type of sporting equipment would Olympic gold medalist Lindsey Vonn use?

(Flip bottom of page for answers) © Published with Permission by Capital Marketing Ltd (Over)



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10:30 AM Sunday Worship Service

www.tbcsherwoodpark.ca

780-464-4040

East on Baseline: First left after Hwy 21 2550 Twp Road 530, Sherwood Park, Al



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LIBRA

SCORPIO

(Sept. 24 - Oct. 23)

Does it seem that you have been engaged in conflict recently? Use the

volatility you may be

experiencing to bring

Sudden or unexpected

events may point you in the direction of a new

purpose for your life. An

adjustment in your view

might be needed to follow

Are you tempted to buy

something extravagant?

You may want to think

through the deeper mean-

ing of this itch and do

something that will have a

During the last few weeks,

you may have been focused

on relationships and exploring

uncomfortable emotions. This

situation should ease soon, so

be careful about making any

information to the sur-

face, in order to address old issues.

Lucky numbers: 1, 12, 21, 25, 26, 41.

this new path. Lucky numbers: 15, 17, 20, 26, 30, 43.

more positive impact on your life. Lucky numbers: 13, 14, 17, 19, 31, 36.

(Oct. 24 - Nov. 22)

SAGITTARIUS

CAPRICORN

(Dec. 22 - Jan. 20)

(Nov. 23 - Dec. 21)

ARIES (March 21 - April 20)

At the end of the week. you may experience a reset in your emotional view of life. Perhaps you should use this oppor-

tunity to address any issues at home. Lucky numbers: 3, 4, 22. 31. 32. 45. TAURUS

(April 21 - May 21)

The astrological environment now offers you the potential to manifest your unique personality. When you can relax and be your self, there is an opportu-

nity to interact successfully with others. Lucky numbers: 5, 7, 8, 23, 25, 47. **GEMINI**

(May 22 - June 21)

You may be in an energetic period where you are laser-focused on taking action to achieve your goals. However, showing empathy toward yourself

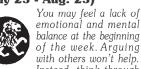
and others is important as well. Lucky numbers: 14, 15, 18, 26, 30, 37. CANCER

(June 22 - July 22)

Feeling a conflict between what you want for yourself and a desire to be of service to others? Find a positive outlet to reduce stress and explore your spiritual side. Lucky numbers: 6, 11,

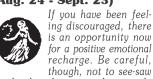
12, 14, 18, 27. LEO

(July 23 - Aug. 23)



Instead, think through the underlying cause of the issue. Lucky numbers: 9, 11, 17, 24, 45, 47. VIRGO

(Aug. 24 - Sept. 23)



too far the other way and overreach. Lucky numbers: 7, 17, 32, 33, 35, 39.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 30.

Did You Know...

Beautiful place: In Mozambique, Bazaruto Archipelago is a beautiful national park. Located off the coast, the park consists of five main islands that are home to many types of wildlife. Visitors to the islands often like to dive and snorkel.

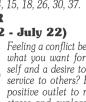
Berry tart: Cloudberries are known to people who live in the far northern areas of Canada, Scandinavia, and Siberia. These berries are small and golden, and are tart when eaten raw. Some people use them to make jam.

Take a nap: The United States acknowledges the need for people to catch up on their sleep. In March, the first Monday after clocks are moved ahead for daylight saving time has been designated "National Napping Day.

Waffly nice: Bubble waffles originated in Hong Kong. Made of eggs, milk, and flour, they are cooked in a waffle iron that has ball-shaped indentations, rather than the usual, squareshaped ones.

The World's #1 Restaurant Publication!





unconscious choices right now. Lucky

numbers: 2, 13, 23, 31, 46, 47. **AQUARIUS**

(Jan. 21 - Feb. 19)

Mental work may be fairly easy now, with your thoughts focused and disciplined. Just don't dwell on any setbacks or

be overly critical of your-self and others. Lucky numbers: 4, 14, 22, 30, 39, 48. PISCES

(Feb. 20 - March 20)

Every decade or so, each of us is given an opportu-nity for renewed optimism and confidence to help set a new path. This may be yours, so how do

you want to use it? Lucky numbers: 8, 9, 23, 34, 44, 47.

WEEKNIGHTS AT 11PM

Dementia and **Continence Study**

Dr. Adrian Wagg's research team at the University of Alberta is recruiting participants of a research study to understand self-management of urinary incontinence with containment products by community dwelling older people living with dementia

You will be in the study for approximately 10 weeks. During this time, the researcher will call or visit you five times. You will be asked to fill out questionnaires, maintain a bladder diary and take part in two interviews. The

study visits or calls will last between 1 to 2 hours.

🗒 ALBERTA

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If you want to learn more about this study, please contact Dr. Wagg's research office at 780-492-6855 nail).

This study will abide by all ovid-19 safety measures outlined y Alberta's Chief Medical Officer and Alberta Health Services.

University of Alberta Ethics approval Ref.: Pro00094514

Feel free to take your Coffee News home!

Started small: Well-known American actor Leonardo DiCaprio, who starred in such blockbusters as *Titanic* and *Once* Upon a Time in Hollywood, started his career with small roles in old television series, such as Growing Pains and Roseanne.

On the Lighter Side

Why didn't the two 4s go to the cafeteria for lunch? They already 8!

Patient: "Doctor, I can't stop thinking I'm a goat." Doctor: "How long have you had this problem?" Patient: "Ever since I was a kid."

What kind of dog does a Yeti have? A chilly dog.

Knock! Knock! Who's there? Anya. Anya who? Anya mark, get set, go!

Why was the computer tired when it got home? It had a hard drive.

Answers

4. Message received 5. Alpine skis Trivia answers: 1. Jupiter 2. Premature old age 3. Zamboni

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